



Pre & Post Care Instructions Plasma Skin Tightening



Congratulations on receiving your plasma skin tightening treatment. You're on your way to enjoy younger, better looking skin.

Pre-care instructions:

It is important to stop all products such as BHA and Retin A 2 weeks before treatment.

Appointment Day:

Come to your appointment with clean skin (no products on the skin). If wearing fake eye-lashes, please remove if eye area is to be treated.

Post Care Instructions:

Remember that **aftercare** accounts for **70%** of final results, if the client doesn't take care of the area properly, results will be less effective after the healing process of 8 weeks.

Once you are home, apply a thin layer of aftercare balm. This balm will make the skin recover faster. You may remove it before going to bed with a wet cotton or towel by tapping gently. Do not wash the area for 12 hours.

What to expect:

Right after treatment, clusters of yellowish spots (carbon crusts) will appear in the treated area and remain visible up to 5 to 7 days. These crusts act a protection of the area and assist the healing process.

Depending on the sensitivity of the client's skin, redness and/or swelling is possible in delicate areas; this should disappear after 2 days. You may choose to use an anti-inflammatory such as Tumeric or OTC or an antihistamine such as Quercitin or OTC.

For best results avoid:

- ❖ Direct exposure to the sun for 5-7 days. If you go out, to use Broad Spectrum Sunscreen. Wear a hat and sunglasses if possible.
- ❖ Face down sleeping if sensitive area was treated, this may increase the chances of swelling.
- ❖ Makeup or cosmetic products in the treated area for the first 7 days. Makeup usage can result in skin infection.
- ❖ Invigorating physical activity that causes sweating for the first 7 days.
- ❖ Swimming pools or saunas for the first 7 days.

Important Information

For the first few days, you can apply aftercare balm for comfort and added healing.

If balm causes irritation discontinue use.

The carbon crusts in your face will fall down after 5-7 days. When they fall, you will see pinkish skin, this is brand new skin and means your skin is still healing.

The cell regeneration cycle takes 6 to 8 weeks, after which you will see your full results.

If your skin bothers you, please apply a thin layer of aftercare balm (ticklish, 'tight', dry skin).

All side effects such as swelling, dry skin or tightness should go away after 5-7 days.

After carbon crusts have fallen, please apply *Broad Spectrum Sunscreen* when going out in the sun to ensure the best results.

If aftercare balm causes irritation, please discontinue its use and keep the area dry and clean, letting skin breathe.

Results

Immediate results will be enhanced due to cell dehydration. After a short time, you may notice that enhancement has been reduced slightly, however your skin will continue to improve as skin generates. End results can be expected at 6 to 8 weeks.

The duration of these results is permanent; however, your skin will continue to age as usual. If you feel that you need an extra session, you may do so, but the minimum wait time for another session is 6 weeks.

Best results depend on the amount of tissue that needs to be tightened and the number of sessions performed.

Everyone is different and benefits differently from the treatment.
Results cannot be guaranteed.

If you have any questions about the treatment, please feel free to reach out at
(951) 712-6227 or trishaarcher71@gmail.com.